

# Roasted Pork

Recipe Component: Meat

Recipe Category Main dish

Recipe #KSU Developed

	50 Servings		____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Dried rosemary		2 Tbsp			<p>1. Preheat oven to 350° F.</p> <p>2. Mix together the dried rosemary, garlic powder, salt, and black pepper in a small bowl. Evenly sprinkle the mixture over the pork roast.</p> <p>3. Place the roast(s) in a large roaster on a bed of the onion halves.</p> <p>4. Roast until the internal temperature reaches 145 °F for 15 seconds (about 25-30 minutes per pound of roast). Let stand for at least 3 minutes.</p> <p>5. Thinly slice or shred the meat. Serve or refrigerate promptly.</p> <p>6. If advanced prep, store in shallow pans and refrigerate immediately. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.</p> <p>7. For reheating advance prep meat, pour broth in a large pot and heat to a boil. Add meat and heat to 165 °F or higher for at least 15 seconds.</p> <p>CCP: Hold for hot service at 135° F or higher.</p>
Garlic powder (opt)		2 Tbsp			
Salt		1 tsp			
Black pepper		2 tsp			
Onions, cut into halves		3 each			
Pork loin roast, ¼ inch trim		10 lbs 13 oz boneless  OR 13 lb 4 oz with bone			
Reduced sodium broth		3 cups			

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## Notes:

Nutrient Information from Food Processor

**Serving:** 2 oz meat cooked meat

1-2 years: ½ serving (1 oz)

3-5 years: ¾ serving (1 ½ oz)

6-18 years: 1 serving (2 oz)

## Nutrients Per Serving

<b>Calories</b>	126.18	<b>Saturated Fat</b>	1.91 g	<b>Iron</b>	0.74 mg
<b>Protein</b>	17.08 g	<b>Cholesterol</b>	48.19 g	<b>Calcium</b>	18.58 mg
<b>Carbohydrate</b>	1.32 g	<b>Vitamin A</b>	1.39 RAE mcg	<b>Sodium</b>	112.77 mg
<b>Total Fat</b>	5.39 g	<b>Vitamin C</b>	1.04 mg	<b>Dietary Fiber (2016)</b>	0.27 g